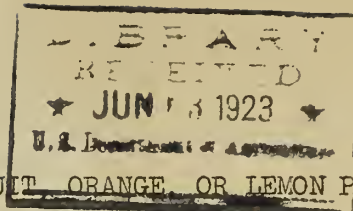


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JELLIED GRAPEFRUIT, ORANGE, OR LEMON PEEL.

Reserve

The following recipe originated in the Experimental Kitchen, Office of Home Economics, United States Department of Agriculture.

- 5 ounces of peel.
- 1 cup granulated sugar for sirup (7 ounces).
- $\frac{2}{3}$  cup water for sirup, or enough to cover.
- $\frac{1}{4}$  teaspoon salt.
- $\frac{1}{2}$  cup granulated sugar for rolling strips (about 3 ounces).

Thick, soft, unblemished peel from smooth fruit should be selected. Light-colored grapefruit skins are best for this purpose, since russet skins impart a dingy shade. Orange skins may be bright or pale in color, but should not be russet or spotted.

Cut the peel into strips  $\frac{1}{4}$  to  $\frac{1}{2}$  inch wide, or into inch squares, which are not easily handled. Parboil three times, using 1 quart of cold water and boiling in a lightly covered pan for one-half hour each time, and discarding the water after each cooking. The strips should then be tender and must be handled gently to prevent breaking.

Place the water, salt, and sugar for the sirup in a saucepan about 6 inches in diameter at the top, and stir until the sugar is dissolved; then add the strips of peel arranging carefully so that they lie parallel to each other, to prevent their being broken when turned. Place the pan over the flame. Cook the contents rapidly for about 20 minutes, then reduce the heat and continue to boil very gently for about 20 minutes longer, or until the sirup is all absorbed by the peel. Great care must be taken at this point that the sirup does not scorch, and the strips of peel must be lifted or turned frequently so that all are equally penetrated by the sirup. Use a fork in turning the strips and in removing them from the pan.

Place the peel on waxed paper, and when cool roll the strips in granulated sugar, turning them carefully with a knife. Let them dry out for a few hours or over night, then wrap in waxed paper and keep in tightly covered tin or glass containers until used. If left in paper boxes they tend to become hard and crusty in winter or sticky in summer. However, they should keep in good condition for 2 or 3 weeks if properly stored in a moderately cool place.

The peel should be jellied throughout, translucent, thick, tender, and juicy, not shrunken nor gummy; the skin should be soft and the outer coating of sugar in distinct crystals, not in a crust.

When larger quantities are jellied at one time the process is slightly changed. If twice this quantity is used, choose a saucepan about 8 inches in diameter, double the quantity of all the ingredients and cook the strips an hour (or longer if necessary) in order that all the sirup may be absorbed.

If four times the original quantity is used, it will be wise to choose a saucepan about 10 inches in diameter at the top. Take 4 times as much peel and sugar, but in parboiling the peel use only enough water to cover it well. In making the sirup, use 4 cups of sugar but only about  $1\frac{1}{2}$  to 2 cups of water; it will then be necessary to cook the strips in the sirup for an hour or more. Thus the boiling down process becomes less tedious than if more water were used.

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The five ounces of peel called for in the recipe makes about 10 ounces of jellied peel or sometimes more than that. A grapefruit weighing 1-1/2 pounds yielded about 6 ounces of peel, in our experience; oranges weighing 6 to 8 ounces each yielded between 1 and 2 ounces of peel; a 3 to 5 ounce lemon yielded from 1 to 3 ounces of peel. That is to say, the weight of the peel was from 1/4 to 1/5 of the total weight of the fruit, in case of these thick-skinned fruits selected by us; though lemons sometimes show larger proportionate yields of peel than this.

Success is much more certain if weights rather than measures be used; since a slight excess of sugar makes the peel too hard; on the other hand, it will have an insipid flavor or watery texture if too little sugar is used.

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